

MEMBER *Focus*

ISSUE XXVIII
DECEMBER 2010

A newsletter published monthly by
the Town of Warrenton Parks & Recreation Department
and the Warrenton Aquatic and Recreation Facility

THE PERFECT GIFT! *Gift Cards from the WARF*

5 VISIT GIFT CARDS

Town of Warrenton Youth (4-17)	\$12.50
Town of Warrenton Adult	\$17.50
Town of Warrenton Senior (56+)	\$12.50
Fauquier County Youth (4-17)	\$20.00
Fauquier County Adult	\$27.50
Fauquier County Senior (56+)	\$20.00
Non-Resident Youth (4-17)	\$25.00
Non-Resident Adult	\$35.00
Non-Resident Senior (56+)	\$25.00



10 VISIT GIFT CARDS

Town of Warrenton Youth (4-17)	\$25.50
Town of Warrenton Adult	\$35.00
Town of Warrenton Senior (56+)	\$25.50
Fauquier County Youth (4-17)	\$40.00
Fauquier County Adult	\$55.00
Fauquier County Senior (56+)	\$40.00
Non-Resident Youth (4-17)	\$50.00
Non-Resident Adult	\$70.00
Non-Resident Senior (56+)	\$50.00

20 VISIT GIFT CARDS

Town of Warrenton Youth (4-17)	\$50.00
Town of Warrenton Adult	\$70.00
Town of Warrenton Senior (56+)	\$50.00
Fauquier County Youth (4-17)	\$80.00
Fauquier County Adult	\$110.00
Fauquier County Senior (56+)	\$80.00
Non-Resident Youth (4-17)	\$100.00
Non-Resident Adult	\$140.00
Non-Resident Senior (56+)	\$100.00

WARF Holiday Gift Cards are now on sale! WARF Gift Cards make the perfect gift for family members, teachers, coaches, friends and loved ones. What better way to celebrate and give thanks than to give the gift of fitness, fun, and health to someone you love and appreciate? There's something for everyone at the WARF, so you can't go wrong. Gift Cards are sold in increments of 5, 10, and 20 visit passes. Prices are based on the age and residency of the gift recipient.

Receive a BONUS 5 Visit Gift Card for every \$100 worth of Gift Cards you purchase!

Membership SALE!

Now until December 31, receive \$5 off each Pay As You Go month of membership you purchase.

The more you buy, the more you save! Enjoy the benefits of WARF membership without the commitment of a one year contract. Some restrictions may apply. Please visit the Front Desk for more information and to sign up.

There is currently a Toys For Tots donation box located in the lobby at the WARF. Please come by and drop off your new, unwrapped gifts no later than Monday, December 6th.



Upcoming Holiday Hours of Operation

Christmas Eve - Friday, December 24

Close at 12:00 noon

Christmas Day - Saturday, December 25

Closed

Day After Christmas - Sunday, December 26

Closed

New Years Eve - Friday, December 31

Close at 3:00 pm

New Years Day - Saturday, January 1

Closed

**Spice Up Your Workout in January with
New Specialty Group Fitness Classes**

See Page 4 For All The Details!





Flow Yoga in the Water
Tai Chi
Advanced Pilates
Aqua Bootcamp
Indoor/Outdoor Bootcamp
Balletone
Pedal and Pump
Cycle Warrior

Weekday Lane Availability Chart. Valid Until December 17.

Updated: December 1, 2010

Numbers under times of day indicate number of available lanes in Competition Pool at those times. Subject to change without prior notice.

 Indicates open swim. No regular lane rentals at this time.  Pool not open at this time

	A.M.										P.M.											
	5:00-5:30	5:30-6:30	6:30-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:00	1:00-2:00	2:00-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-5:30	5:30-6:00	6:00-6:30	6:30-7:00	7:00-7:30	7:30-8:00	8:00-8:30	8:30-9:00
MONDAYS		8		8	7	8		9			4	1	2	3	2	4	4	4	2	4	4	4
TUESDAYS		8	8					9		8	4	1	2	3	2	4	4	3	3	3	3	
WEDNESDAYS	7	5		8	7	8		9			4	1	2	3	2	4	4	4	2	4	4	4
THURSDAYS		8	8					9		8	4	1	2	3	2	4	4	3	3	3	3	
FRIDAYS	7	7		8	8	8		9					7	5	2	2	4	4				
SATURDAYS				4	4	8	8	9				8	8									
SUNDAYS												9	9	8	8							

December/January Swim Meet Schedule

Please keep in mind that unless otherwise noted, **ONLY** the Competition Pool will be closed during swim meets. An asterisk (*) indicates full facility closure.

Friday, December 3	5:00 pm - 9:00 pm	Phoenix Valley Swim Meet
*Saturday, December 4	6:00 am - 8:00 pm	Phoenix Valley Swim Meet
*Sunday, December 5	6:00 am - 8:00 pm	Phoenix Valley Swim Meet
Friday, December 10	7:00 pm - 11:00 pm	Evergreen Swim Meet
Friday, December 17	7:00 pm - 11:00 pm	Evergreen Swim Meet
Sunday, December 19	8:00 am - 12:00 noon	OCCS Swim Meet
Friday, January 7	7:00 pm - 11:00 pm	Evergreen Swim Meet
Saturday, January 8	6:00 pm - 10:00 pm	Eastern View High School
Friday, January 14	7:00 pm - 11:00 pm	Evergreen Swim Meet
Saturday, January 15	6:00 pm - 10:00 pm	Eastern View High School
Friday, January 21	7:00 pm - 11:00 pm	Evergreen Swim Meet
Saturday, January 22	1:00 pm - 8:00 pm	Seton High School Swim Meet
Friday, January 28	7:00 pm - 11:00 pm	Evergreen Swim Meet

High School Swim Season Frequently Asked Questions

How long will the swim season last?

November 15, 2010 through February 22, 2011.

What schools swim here?

Fauquier, Liberty, Wakefield, Highland, Culpeper, Eastern View, Wakefield Country Day School and Middleburg Academy High Schools practice at the WARF. In addition, the WARF will be hosting competitive Swim Meets for the Evergreen & Battlefield Districts and US Swim Meets (Phoenix Valley, Curl Burke and OCCS).

What times do they practice?

Practices are held daily from 3:00 p.m. until close. The schedule varies, so check at the front desk for specific days/times.

When are Swim Meets held?

In general, meets are held on Friday evenings at 7:00p.m. and on Saturdays after closing. Please refer to the Swim Meet Schedule weekly for dates and times.

Can swimmers use the Lap pool during High School Swim Season?

Yes, lanes will be available to the public even during the peak practice times after school. The practice schedule changes daily so please refer to the Weekday Lane Availability Chart.

Can swimmers use the Lap pool during High School Swim Meets?

No., lanes will be closed to the public during competitive swimming.

Will the Leisure Pool be open during High School Swim Meets?

Yes, the Leisure Pool, as well as the slide and spa will

WARF Welcomes New Fitness Instructor

The WARF would like to welcome its newest Group Fitness instructor, Kristin Rustom who teaches Strength Pilates Wednesdays at 6:30 pm. Kristin has a BS in Exercise Physiology and an MS in Exercise Science. In 1996, she moved to Fauquier County and worked at INOVA Mount Vernon Hospital and Fairfax Hospital. She eventually ended up working at Fauquier Hospital as an Exercise Physiologist. In 1999, she "retired" to become a full-time mother and volunteer. She has been teaching Pilates, conditioning classes, chair based exercises and doing personal training locally since 2000. Although she enjoys all aspects of training, she fell in love with the Pilates method. Kristin says, "It is rewarding to see how once someone has learned to isolate the muscles in their core and use them in the proper manner, they can correct imbalances in strength and flexibility through the entire body." She appreciates the fact that Pilates is a discipline of exercise in which someone of any age or fitness level can participate. She teaches in the traditional method using other fitness tools to help students challenge themselves or modify exercises according to their abilities.



continued on page 3



Attention Annual Members -- Refer a Friend and Receive a Gift!

Share the benefits of well-being and earn rewards when you refer a friend to the WARF! When you (an annual member) invite a friend to the WARF who then purchases an annual membership, you will receive an extra month on your annual membership! To apply, pick up a "Refer a Friend" card at the Front Desk, fill it out and

have your friend bring it to the WARF when they purchase their annual membership. You will be credited with an additional month on your annual membership. It's that easy!... and there's no limit to how many friends you can refer! Some restrictions may apply, please see Front Desk for more information.

continued from page 2

be open regular operating hours during meets except for full facility closure meets (ie. USA and championship swim meets.)

Will the facility ever be closed during High School Swim Season?

Yes, there will be a facility closure during the Swim Season to accommodate a USA SWIM TEAM MEET being held at the facility in December. During USA Meets, the entire facility will be closed to the public due to the large number of participants and spectators. Please pick up a Swim Meet Schedule at the Front Desk for dates and times.

What options are available to WARF members during Facility closures for Swim Meets?

WARF Members may use the Freedom Center or the Chinn Aquatic & Recreation Center during our closures.



FITNESS *corner*

Preventing Holiday Weight Gain

1. Have a light snack (a piece of fruit or a light soup) about an hour before holiday parties. This will help get your metabolism going and help you feel fuller, faster.
2. Stick with your regular exercise schedule regardless of the weather or how hectic your holiday schedule may be.
3. Experiment with healthier versions of traditional holiday fare.
4. Focus on the activities instead of the food. A party is a great place to meet people and catch up on news. Distance yourself from the buffet table so you're not tempted to nibble.
5. If you're the host, offer a variety of low-fat, low-calorie foods, such as fruit and vegetable trays, and sugar-free beverages, along with traditional options. Cook the appropriate amount of food. If you're expecting 12 guests, don't prepare for 50 people -- too many leftovers invites excess eating. To get the leftovers out of your house, purchase small disposable containers and send each guest home with leftover treats.

WARF Raises \$1,274 in Day After Thanksgiving Fauquier SPCA Fundraiser

On Friday, November 26 (the day after Thanksgiving), the Warrenton Aquatic and Recreation Facility's Group Fitness Coordinator, Elly Riedel led a fundraising effort to raise money for the local Fauquier SPCA. Due to the generous donations and participation from WARF patrons, the WARF was able to raise \$1,274! Riedel taught three Group Fitness classes on the day of the fundraiser at 8:30 a.m., 9:30 a.m. and 10:30 a.m. For each participant who attended all three

classes, Riedel promised to donate \$10 to the Fauquier SPCA. She was so proud of the five participants who hung in there for all three classes that she decided to double her donation from \$10 per participant to \$20 per participant. Two special Group Fitness classes were also held to bring awareness to the fundraiser; a Water Bootcamp class at 10:15 a.m. and a Zumba Party at 11:30 a.m. These classes were very successful, with Water Bootcamp bringing in 33 participants!

Throughout the day, donations poured in from WARF members and guests. The WARF is proud of the generosity of its patrons and hopes that the fundraiser will help bring awareness to the protection and assistance of animals in Fauquier County. The WARF hopes the citizens of Fauquier County will take time to think of the Fauquier SPCA and all the animals in need this holiday season. Those interested in helping or getting more information can visit www.fauquierspca.com.

New Specialty Fitness!

Two 8 week sessions will be offered:

Winter: January 17 - March 12, 2011

Spring: March 28 - May 21, 2011

Cost per session, per class is \$80 for members and \$100 for non-members. Participants age 13 and over are welcome

**Register NOW
for winter session!**



Flow Yoga in the Water

Come explore a new environment for practicing yoga – one that ASSISTS, RESISTS, and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga, [in the water](#).

THURSDAYS 9:00 AM - 9:50 AM

Tai Chi

Come try this form of Chinese Martial Art known as “moving meditation.” You will learn the basic Tai Chi postures with a focus on breath and healing practices. Come relax, enjoy and have fun in the Chinese tradition.

FRIDAYS 8:30 AM - 9:20 AM

Advanced Pilates

This is an advanced class that assumes a good understanding of all basic pilates moves. At least 6 months of prior pilates experience is recommended. This class is an opportunity to focus on advanced moves with an instructor who will provide personalized attention to each participant's breath, form, and movement.

MONDAYS 7:30 PM - 8:20 PM

Aqua Bootcamp

Like Indoor/Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water, and moving water.

TUESDAYS 9:00 AM - 9:50 AM

Indoor/Outdoor Bootcamp

Looking for structure, motivation and a results driven workout to boost your level of fitness?? Then this class is for you! You will do full body toning, agility exercises and calorie burning cardio drills. If you are ready for the challenge, check it out! (Please note that outdoor activities will be held if weather conditions permit).

FOUR OPTIONS:

TUESDAYS 7:30 AM - 8:20 AM

WEDNESDAYS 10:00 AM - 10:50 AM

THURSDAYS 7:30 AM - 8:20 AM

FRIDAYS 6:00 AM - 6:50 AM

Balletone

This class focuses on core improvement through a series of ballet style postures. There is work on strength, breath, balance and flexibility. It is fun and NO dance experience is needed. Participants will work barefoot.

WEDNESDAYS 7:30 PM - 8:20 PM

Pedal and Pump

This is an indoor cycle/strength interval workout - designed to “wake you up” with a challenging, high energy early morning workout. (Register as a complement to Friday 6:00 am Bootcamp!)

MONDAYS 6:00 AM - 6:50 AM

Cycle Warrior

This is an advanced indoor cycle workout for the experienced cyclist who is looking to “push it to the next level.” Focus on “Race Day” type riding with lots of climbs and jumps to challenge. A great class for those training for a spring triathlon!

SUNDAYS 3:00 PM - 3:50 PM